



FITNESS & INDIVIDUAL DEVELOPMENT AT TUFTS -F.I.T. Class of 2015 8/21 (subject to change)

Saturday 8/27

12:00-3:30pm	REGISTRATION & KEY PICK UP	***SOPHIA GORDON HALL - TALBOT AVENUE***
4:00pm	Welcome & Introduction to F.I.T. (participants & parents) Branwen Smith-King, Assistant Director of Athletics	Cohen Auditorium
4:45	Group Meetings <i>Participants will meet with Peer Leaders in their groups. Parents leave.</i>	Academic Quad
5:30	Dinner	Carmichael
6:30	Dorm Meeting <i>Meet and introduce yourself to other F.I.T participants in your dormitory.</i>	Dorm Lobby
7:00	Scavenger Hunt	Library Lawn
8:00	Peer Leader Presentation & Movie	Barnum 08

Sunday 8/28

8:30	Continental "Healthy Breakfast" (BYL) & Group Meetings	Gantcher Center																											
9:15	Adjusting to College Life #1 Peer Leader led discussion groups on life at Tufts (clubs, majors, service, social groups, sports etc) <i>Learn what it is really like to be a college student, to become successful and productive at Tufts!</i>	Gantcher Center																											
10:00	Tufts Personalized Performance Program Marten Vandervelde - TPPP <i>Learn how you can get involved as a participant or trainer.</i>	Gantcher Center																											
11:00	What it Means to be a "Tufts Jumbo" Donald Megerle – Master Coach, President's Marathon Challenge	Chase Gym																											
11:30	Brunch	Carmichael																											
12:45	Time Management as an Undergraduate at Tufts Linda Sullivan, Assistant Director for Time Management and Study Strategies	Barnum 08																											
1:15	Nutrition and Exercise Kathryn Sweeney - Freidman School of Nutrition Science & Policy, Department of Health Education	Barnum 08																											
2:15	Jumbo Work Out (students chose activity) <table border="0" style="width: 100%;"> <tr> <td>Afro-Caribbean Dance</td> <td>Leslie Salmon</td> <td>Chase Gym</td> </tr> <tr> <td>Fitness/Weight Training</td> <td>Peer Leaders</td> <td>Ames Fitness Center</td> </tr> <tr> <td>Ultimate Frisbee</td> <td>Professor Chris Rogers</td> <td>Bello Field</td> </tr> <tr> <td>Jogging</td> <td>Peer Leaders</td> <td>Gantcher Steps</td> </tr> <tr> <td>Kickball</td> <td>Peer Leader</td> <td>Spicer Field</td> </tr> <tr> <td>Pilates</td> <td>Sharon Graves</td> <td>Jackson Gym</td> </tr> <tr> <td>Swimming</td> <td>Peer Leaders</td> <td>Hamilton Pool</td> </tr> <tr> <td>Korean Karate</td> <td>Neil Cohn</td> <td>Carzo Cage</td> </tr> <tr> <td>Squash</td> <td>Belkys Velez</td> <td>Squash Courts</td> </tr> </table>	Afro-Caribbean Dance	Leslie Salmon	Chase Gym	Fitness/Weight Training	Peer Leaders	Ames Fitness Center	Ultimate Frisbee	Professor Chris Rogers	Bello Field	Jogging	Peer Leaders	Gantcher Steps	Kickball	Peer Leader	Spicer Field	Pilates	Sharon Graves	Jackson Gym	Swimming	Peer Leaders	Hamilton Pool	Korean Karate	Neil Cohn	Carzo Cage	Squash	Belkys Velez	Squash Courts	
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5:15	Dinner	Carmichael																											
7:00-10:30	Meet & Depart for Bowling Townline Bowling	Campus																											

Monday 8/29

8:00	Breakfast with Peer Leaders	Carmichael
9:00	Adjusting to College Life #2 <i>Learn what it is really like to be a college student, to become successful and productive at Tufts!</i>	Ellis Oval
10:00	Nutrition & Eating in the Dining Halls Julie Lampie - R.D., MBA Nutrition/Marketing Specialist, Tufts Dining <i>Learn about eating options at Tufts & how you can eat healthy in the dining halls.</i>	Cohen Auditorium
10:45	Introduction to Counseling & Stress Management at Tufts CONFIRMED Linda Escoll – Associate Director Counseling & Mental Health Service Chris Willard - Staff Psychologist <i>Learn from the experts about reducing stress in your life.</i>	Cohen Auditorium
11:30	Lunch	Carmichael
12:30	Outdoor Adventure (Meet & Depart from Campus Center) Kayaking Adam Hoyt/CRCK Sailing Ken Legler Rock Climbing "MetroRock" Miniature Golf/Driving Range/Batting Cage "Golf Country" Hiking in the Fells Middlesex Fells <i>(Participants will choose one activity)</i>	Mystic Lakes Mystic Lakes Everett Middleton Peer Leaders
5:00	Dinner	Carmichael
7:30	An Evening Out with Peer Leaders	Campus Center

Tuesday 8/30

8:00	Breakfast	Breakfast	Carmichael
8:45-10:15	Jumbo Work Out Basketball Fitness/Weight Training Ultimate Frisbee Kickball Jogging/Walking Squash Swimming Tai Chi Yoga	Peer Leaders Peer Leaders Chris Rogers Peer Leaders Peer Leaders Belkys Velez Peer Leaders Neil Cohn Elliott McEldowney	Outdoor Courts Ames Fitness Center Bello Field Spicer Field Gantcher Steps Squash Courts Hamilton Pool Library Roof Jackson Gym
10:30-11:45	"How We Think and Act in Diverse Settings" Sam Sommers, PhD - Associate Professor, Department of Psychology		Cabot Auditorium
12:00	Lunch		Carmichael
1:00	Wellness Fair (2 groups) 1:00-1:30 Groups 1-9 1:35-2:05 Groups 10-18		Sophia Gordon Hall
2:15-3:15	Group Meetings		Ellis Oval
3:30-4:15	Finale		Cohen Auditorium
5:00	Dinner		Carmichael
5:45	Peer Leader Groups		Campus
6:15-10:00	F.I.T. Outing		Campus Center

The End of F.I.T.